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ABSTRACT

This annotated bibliography of health promotion materials describes pamphlets, films, and posters for the general public and contains program guidelines, directories, and technical papers of interest to health professionals. To compile this volume, each Public Health Service agency selected, from among its publications, those which offer information on important health habits to adopt and maintain and on disease prevention actions. Following the body of the bibliography, a section on general resources gives an overview of the health information resources within the Department of Health and Human Services. The last section provides ordering information: addresses, telephone numbers, and, in some cases, information on postage, handling, credit cards, and invoicing. (JD)

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Staying Healthy

A BIBLIOGRAPHY OF HEALTH PROMOTION MATERIALS

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May 1983
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
Office of Disease Prevention and Health Promotion

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Foreword

Staying Healthy: A Bibliography of Health Promotion Materials was prepared for health care professionals to simplify the task of locating materials developed by the Public Health Service on health promotion and disease prevention topics. The bibliography describes pamphlets, films, and posters for the general public and contains program guidelines, directories, and technical papers of interest to health professionals.

In this century, diseases such as tuberculosis and pneumonia have come under control and life-style related illnesses have superseded the infectious diseases as the leading causes of death in the United States. As a result, the emphasis in health care has shifted from controlling infectious diseases to controlling diseases related to life-style habits. Similarly, the importance of providing information to the public about risks to health which can be controlled has increased. Heart diseases, lung diseases, cancer, and alcohol and drug related illnesses can all be influenced by everyday habits such as smoking, drinking, diet, and exercise. We have learned that each one of us can play a significant role in staying healthy.

To compile this volume, each Public Health Service agency selected from among its publications those which offer information on health habits which are important to adopt and to maintain and on actions to take to prevent disease.

The materials in this volume include both those which are designed to provide information directly to the public and training programs which are to be offered by professionals to assist people who want to improve their daily habits and who want to use appropriate measures to prevent disease. It is hoped that the materials in the volume will assist health care professionals and community agency staff to stay healthy themselves and help others stay healthy.

Edward N. Brandt, Jr., M.D.
Assistant Secretary for Health

How To Use This Bibliography

This bibliography is arranged by subject and, under each subject, titles are arranged in alphabetical order. An index to the titles appears at the end of the bibliography.

Most of these materials are intended for general audiences. If a publication is directed toward a special group, such as adolescents, or is intended for use in a special setting, such as a clinic, this is indicated in either the title or the annotation.

Pamphlets and books make up most of the materials. Films, slide sets, and posters are so identified in parentheses immediately following the title. Spanish titles are included among the English titles in the alphabetical listings under the subjects. A few of the publications are available in large-type editions for the visually impaired, and these are indicated by ALSO AVAILABLE IN LARGE-TYPE EDITION at the end of the annotations.

Following the body of the bibliography, a section on general resources gives an overview of the health information sources within the Department of Health and Human Services. The last section provides ordering information: addresses, telephone numbers, and, in some cases, information on postage, handling, credit cards, and invoicing. Please note that order numbers are given with most titles in the body of the bibliography; use both titles and numbers, when available, in ordering materials.

Health Promotion Materials

Aging

Age Pages. A series of fact sheets, printed on two sides in large type, for a lay audience. Includes the following titles:

Accidents and the Elderly (available in Spanish)
Arthritis Advice
Constipation
Considering Surgery?
Crime and the Elderly
Don't Take It Easy--Exercise!
Finding Good Medical Care for Older Americans
Food: Staying Healthy After 65
Foot Care for Older People
Heat, Cold, and Being Old (available in Spanish)
High Blood Pressure: A Common But Controllable Disorder
Minorities and How They Grow Old (available in Spanish)
Safe Use of Medicines by Older People
Sexuality in Later Life
Skin: Getting the Wrinkles Out of Aging
Taking Care of Your Teeth
Urinary Incontinence
What to Do About Flu
Who's Who in Health Care

• Single copies free from the National Institute on Aging.

Elder-Ed (packet and leader's guide). See DRUGS AND DRUG ABUSE.

A Guide to Medical Self-Care and Self-Help Groups for the Elderly. Explains the purpose of self-help groups and lists some that are of special interest to the elderly. (28 pages) • Single copy free from the National Institute on Aging, NIH Pub. No. 80-1687.

A Healthy Old Age: Source Book for Health Promotion With Older Adults. Recognizes that health promotion activities, including individual responsibility, are of paramount importance as America's population grows older and lives longer. Organized in two parts: background information and resources. (380 pages) • For sale by the Superintendent of Documents, Stock No. 017-062-00128-6, $13.

Q & A: Alzheimer's Disease. Addresses fundamental issues relating to the causes, symptoms, and treatment of this disease as well as research efforts surrounding it. (12 pages) • Single copy free from the National Institute on Aging, NIH Pub. No. 81-1646.

Senile Macular Degeneration. See VISION AND HEARING IMPAIRMENT.

White House Conference on Aging Summaries. Leaflets, intended for a general audience, on various topics of concern to the elderly and their families. These are summaries based on technical papers prepared for the 1981 White House Conference on Aging. They include the following titles:

Aging and Alcohol
Aging and Digestion
Aging and Drugs
Aging and the Family
Aging and Minorities
Learning, Memory, and Aging
Osteoporosis and Aging
Sex Differences and Aging
Sleep and Aging

• Single copies free from the National Institute on Aging.

A Winter Hazard for the Old: Accidental Hypothermia. Warns the elderly to protect themselves against accidental hypothermia, a progressive drop in deep body temperature that can be fatal if not detected in time and treated properly. (12 pages) • Single copy free from the National Institute on Aging, NIH Pub. No. 81-1464.

Wise Use of Drugs: A Program for Older Americans (film). See DRUGS AND DRUG ABUSE.

Alcohol and Alcoholism

Aging and Alcohol. See White House Conference on Aging Summaries under AGING.

Alcohol and Your Unborn Baby. Discusses the harmful effects of alcohol on the fetus, describes the fetal alcohol syndrome, advises pregnant women not to drink. (14 pages) • Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. No. (ADM) 82-521; for sale by the Superintendent of Documents, Stock No. 017-024-00566-5, $2; 100 for $75; printing negatives also for sale by the Superintendent of Documents, Jacket No. 339-653, $117.

A Companion to: "Is Beer a Four Letter Word?" Suggests methods for teaching about alcohol, including ways to deal with attitudes and values. Can be used as a guide by teachers in alcohol abuse prevention programs for youth. See also Is Beer a Four Letter Word?. (108 pages) • Single copy free from the National Clearinghouse for Alcohol Information.

Dial A-L-C-O-H-O-L - A Series (films). Consists of four films to help adolescents explore the reasons people drink and some of the issues involved. For descriptions see separate entries below. Each film and videocassette runs 30 minutes. • Available individually or as a set from the National Audiovisual Center. Each 16mm film, rental $25, sale $285; each videocassette, sale only, $80. Set: four 16mm films, rental $100, sale $1,140; four videocassettes, sale only, $320. Specify make and model number of videocassette player.

Al's Garage. Focuses on drinking and driving, dramatizing the experiences of the teenagers who gather at Al's auto repair shop.

Hotline. Presents factual information about alcohol through the story of high school students who operate an alcohol hotline.

In the Beginning. Presents the reasons people drink and abstain from drink, emphasizing the parents' role in shaping children's practices. Story revolves around a wedding at which the bride's parents refuse to serve alcohol.

The Legend of Paulie Green. Poses questions about problem drinking through two main characters, a high school student who is a problem drinker and another teenager whose mother is an alcoholic.

For Women Who Drink... Offers help to women in determining if a drinking problem exists, what treatment is available, and how to find it. • Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. No. (ADM)82-1176; printing negatives for sale by the Superintendent of Documents, Jacket No. 368-105, $52.

Guide to Alcohol Programs for Youth. Presents latest statistics from the National Institute on Alcohol Abuse and Alcoholism showing the extent of alcohol abuse among youth and related problems. Shows trends in drinking behavior. (32 pages) • Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. No. (ADM)81-43.

A Guidebook for Planning Alcohol Prevention Programs with Black Youth. Presents ideas on starting programs to prevent alcohol abuse among black youth. Covers how to mobilize interested groups, how to get multiple agency funding support, how to write a grant proposal, and how to involve youth in the program. (130 pages) • Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. (ADM)81-1055; for sale by the Superintendent of Documents, Stock No. 017-024-01124-1, $7; printing negatives for sale by the Superintendent of Documents, Jacket No. 364-589, $427.

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Here's to Your Health. Provides information for women about alcohol and the body and making decisions about alcohol. 8 pages.
• Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. No. (ADM)81-1169; printing negatives for sale by the Superintendent of Documents, Jacket No. 364-020, $44.

Is Beer a Four Letter Word? Contains project ideas, materials, suggestions, and alcohol education concepts for youth from sources across the country. Directed at young people, its purpose is to interest them in alcohol-related issues which affect them and to encourage them to initiate alcohol abuse prevention projects. See also A Companion to "Is Beer a Four Letter Word?". (58 pages) • Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. No. (ADM)80-725; for sale by the Superintendent of Documents, Stock No. 017-024-00800-1, $5.50, 100 for $145; printing negatives for sale by the Superintendent of Documents, Jacket No. 326-560, $325.

Jackson Junior High - A Series (films). Consists of four programs to help junior high school students and their parents explore the facts about alcohol. For descriptions see separate entries below. Each film and videocassette runs 15 minutes.
• Available individually or as a set from the National Audiovisual Center. 16mm film, rental $25, sale $145; each videocassette, sale only, $70. Set: four 16mm films, rental $100, sale $555; four videocassettes, sale only, $265. Specify make and model number of videocassette player.

Barbara Murray. Presents the origins and history of alcohol in a variety of cultures through interviews with drinkers and abstainers. Emphasizes that drinking should be a matter of conscious personal choice.

Like Father, Like Son. Poses questions about alcoholism in a family and about ways friends and relatives can help. Story revolves around a boy whose father drinks excessively. The audience must discuss the issues and do research to find answers to the film's questions.

The Party's Over. Shows what happens when alcohol is brought to a teenage party, illustrating peer pressure, parental example, responsibility, and maturity.

Route One. Traces the passage of alcohol through the bloodstream and explains the biochemical effects of various levels of alcohol in the blood. Discusses the use of alcohol for ceremony and celebration and responsibility in its use.

Liquor May Be Quicker But.... See DRUGS AND DRUG ABUSE.

On the Sidelines: An Adult Leader's Guide for Youth Alcohol Programs. Discusses theories of and approaches to prevention as well as various strategies for communities and schools. Contains information on model programs. (40 pages) • Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. No. (ADM) 81-131.

Play It Smart: Facts for Teenagers About Drinking. Gives teenagers information on the facts and myths associated with drinking. Warns them of the dangers of drinking, including drinking and driving. (12 pages) • Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. No. (ADM)81-1170.

Preventing Fetal Alcohol Effects: A Practical Guide for Ob/Gyn Physicians and Nurses. Offers information to help health care professionals identify patients at risk for the health problems associated with alcohol consumption during pregnancy. (20 pages) • Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. No. (ADM)81-1163; for sale by the Superintendent of Documents, Stock No. 017-024-01111-8, $2.25; printing negatives for sale by the Superintendent of Documents, Jacket No. 354-793, $87.

Spectrum: Alcohol Problem Prevention for Women By Women. Contains project ideas, program examples, and resources from women across the country. Directed at women's organizations, encouraging them to develop alcohol abuse prevention projects. (91 pages) • Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. No. (ADM)81-1036.

Talking to Your Teenager About Drinking and Driving. Describes the risks of drinking and driving and offers parents approaches for talking about drinking and driving with teenagers. (8 pages). • Single copy free from the National Clearinghouse for Alcohol Information, DHHS Pub. No. (ADM)81-1164; printing negatives for sale from the Superintendent of Documents, Jacket No. 356-022, $37.

Allergies

Allergies. Discusses the basic mechanism involved in allergic reaction and the biochemical reactions that occur because of allergy. Also addresses the treatment and control of allergies and certain side effects of drugs used in alleviating allergic reaction. One of the Medicine for the Layman series. (25 pages) • Single copy free from the Office of Clinical Reports and Inquiries, NIH Pub. No. 81-1948.

Drug Allergy. Discusses allergic reactions to drugs and how they differ from other adverse reactions. Explains the symptoms, diagnosis, and treatment, as well as the most common causes of drug allergy. (22 pages) • Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 82-703.

Dust Allergy. Addresses the problem of allergy to house dust, dust in the air, and occupational dusts. Discusses causes, symptoms, diagnosis, and treatment. (12 pages) • Single copy free from the National Institute of Allergy and Infectious Diseases, DHEW Pub. No. (NIH)75-420.

Insect Allergy. Describes the symptoms, diagnosis, and treatment of allergic reactions to insect stings. (23 pages) • Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 82-1046.

Poison Ivy Allergy. Provides information about allergic reactions to poison ivy, poison oak, and poison sumac, including symptoms and treatment. (16 pages) • For sale by the Superintendent of Documents, Stock No. 017-044-00039-7, $2.

Pollen Allergy. Talks about the allergic process as well as the symptoms, causes, and treatment of pollen allergy or hay fever. (16 pages) • Single copy free from the National Institute of Allergy and Infectious Diseases, DHEW Pub. No. (NIH)76-493.

Arthritis

Arthritis Advice. See Age Page under AGING.

Hocus-Pocus As Applied to Arthritis. Cautions consumers against the many products and promotions that promise impossible cures and relief, sometimes with tragic consequences. (7 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)81-1080; ALSO AVAILABLE IN LARGE-TYPE EDITION, DHHS Pub. No. (FDA)81-1080EV.

How to Cope with Arthritis. Discusses management of several different arthritic conditions, as well as research being conducted both at the National Institutes of Health and at grantee institutions. (19 pages) • Single copy free from the National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases, NIH Pub. No. 82-1092.

Bone Disorders

Osteoporosis and Aging. See White House Conference on Aging Summaries under AGING.

Scoliosis. Discusses prevention of curvature of the spine in children and a Parents' Scoliosis Screening Guide. (14 pages) • Single copy free from the National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases, DHEW Pub. No. (NIH)79-1619.

Understanding Paget's Disease. Describes this chronic bone disease, which affects as many as 3 million Americans over the age of 40, its diagnosis, and the prevention of disability. (11 pages) • Single copy free from the National Institute of Arthritis, Diabetes and Digestive and Kidney Diseases, NIH Pub. No. 82-2241.

Cancer

Asbestos Exposure: What it Means, What to Do. Booklet answers questions about such asbestos-related factors as risks, use of asbestos and potential exposure, detection, and treatment of asbestos-related diseases, smoking, Federal agencies concerned with the effects of asbestos exposure, and where to go for further information. (12 pages) • Single copy free from the National Cancer Institute, DHEW Pub. No. (NIH)78-1594.

Breast Cancer: We're Making Progress Every Day. Summarizes current information about breast cancer, including risks and signs of the disease; mammography, biopsy, and treatment options; breast reconstruction; and rehabilitation. Includes illustrated guide for breast self-examination and a list of toll-free Cancer Information Service telephone numbers. (12 pages) • Single copy free from the National Cancer Institute, NIH Pub. No. 82-2409.

Breast Cancer: We're Making Progress Every Day (film, slide set). Provides an overview of the progress being made in breast cancer detection, diagnosis, treatment, and breast reconstruction. Gives step-by-step instruction on how to perform breast self-examination. Print materials included are a user's guide, Breast Cancer Digest, two posters, an advertisement, and 25 brochures. • For sale by the National Audiovisual Center. Videocassette, print materials, $65; 80 slides, audiocassette, print materials, $41.

Breast Exams, What You Should Know. Provides answers to questions about breast cancer screening methods, including medical history, breast self-examination, X-ray mammography, and future technologies. Includes instructions for breast self-examination. (14 pages) • Single copy free from the National Cancer Institute, NIH Pub. No. 82-2000.

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Cancer and the Environment (film). Reviews the evidence that many types of cancer are caused or aggravated by environmental factors such as chemical and industrial pollution, auto emissions, estrogen, and tobacco. Discusses what a person can do to reduce environmental cancer risks. (60 minutes) • For sale from the National Audiovisual Center. Videocassette, $120; specify make and model number of videocassette player.

Cancer: What Is It? Explains cancer growth, how malignant cells displace normal ones, and cell division. Discusses ways to detect cancer in its early stages. One of the Medicine for the Layman series. (28 pages) • Single copy free from the Office of Clinical Reports and Inquiries, NIH Clinical Center, NIH Pub. No. 80-1806.

Cancer: What to Know, What to Do About It. Provides general information about cancer. Includes sections on progress, how to reduce one's risk of getting cancer, early detection, and expert treatment. A glossary and a list of Cancer Information Service toll-free telephone numbers are included. (24 pages) • Single copy free from the National Cancer Institute, NIH Pub. No. 82-211.

Control and Prevention of Malignant Melanoma: A Program for Melanoma-Prone Families (film). Discusses danger signs, skin self-examination, and melanoma prevention techniques. (27 minutes) • For sale from the National Audiovisual Center. Videocassette, print materials, $80; specify make and model number of videocassette player.

Environment and Disease. Discusses the impact of chemicals in our environment, evidence linking pollutants to human disease, particularly cancer, and the scientific tools used to predict carcinogenicity. From the Medicine for the Layman series. (29 pages) • Single copy free from the Office of Clinical Reports and Inquiries, NIH Pub. No. 82-2368.

Everything Doesn't Cause Cancer. Answers some common questions about the causes and prevention of cancer and about the laboratory animal tests that identify carcinogens. Methods for testing chemicals and test results are emphasized. For the general public. (12 pages) • Single copy free from the National Cancer Institute, NIH Pub. No. 79-2039.

Examenes de los senos, que debe usted saber sobre ellos? Spanish version of Breast Exams, What You Should Know. • Single copy free from the National Cancer Institute, NIH Pub. No. 82-2138.

Questions and Answers About DES Exposure During Pregnancy and Before Birth. Discusses possible health hazards to mothers and exposed offspring associated with the use of DES during pregnancy. Question-and-answer format. A list of DES-type drugs is included. (16 pages) • Single copy free from the National Cancer Institute, NIH Pub. No. 82-1118.

Questions and Answers About Breast Lumps. Describes some of the most common noncancerous breast lumps and what can be done about them. Includes instructions for breast self-examination, a glossary of terms, and a list of toll-free Cancer Information Service telephone numbers. (14 pages) • Single copy free from the National Cancer Institute, NIH Pub. No. 82-2401.

What Black Americans Should Know About Cancer. This booklet explains the rates and risks of cancer among blacks and answers the most often asked questions on cancer, its causes, detection, prevention, treatment, rehabilitation, and common misconceptions. Includes instructions for breast self-examination. (28 pages) • Single copy free from the National Cancer Institute, NIH Pub. No. 82-1635.

Cardiovascular Diseases

Buen sentido sobre el sodio (slides). Spanish version of Good Sense About Sodium. • Available only through Consumer Affairs Officers in FDA district offices.

The Case for Moderating Salt/Sodium Consumption. A question-and-answer interview about the relationship between sodium and high blood pressure and what consumers can do to moderate their sodium intake. (6 pages). • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)82-2158.

Cholesterol, Diet, and Heart Disease (film). Describes the ways in which cholesterol affects the flow of blood throughout the body. Reviews recommended levels of cholesterol and fat for the human diet and discusses other ways we can reduce the risk of heart disease. From the Medicine for the Layman series. (60 minutes) • For sale from the National Audiovisual Center. Videocassette, $120; specify make and model number of videocassette player.

Como diagnostican los medicos las enfermedades del corazon. Spanish version of How Doctors Diagnose Heart Disease. • Single copy free from the National Heart, Lung and Blood Institute, NIH Pub. No. 78-1009.

Cooley's Anemia: Prevention Through Testing. Describes Cooley's anemia and Cooley's anemia trait. Encourages testing for the trait and prevention of the disease. (6 pages) • Single copy free from the National Heart, Lung and Blood Institute, NIH Pub. No. 80-2026.

Cooley's Anemia: Prevention Through Understanding. Defines Cooley's anemia, its causes, symptoms, and treatment. Discusses prevention through testing and genetic counseling. Current research is described and a glossary of terms is included. (16 pages) • Single copy free from the National Heart, Lung and Blood Institute, NIH Pub. No. 80-1269.

Exercise and Your Heart. See PHYSICAL FITNESS AND EXERCISE.

Good Sense About Sodium (slide set). Gives information about sodium and salt and their link to high blood pressure. Suggests ways to cut down on sodium. (3 minutes). • Available only through Consumer Affairs Officers in FDA district offices. 25 slides, audiocassette, script; videocassette also available.

Heart Attacks. Discusses heart attacks, their causes and symptoms, where to go for help, and how to prevent them. From the Medicine for the Layman series. (32 pages) • Single copy free from the National Heart, Lung and Blood Institute, NIH Pub. No. 81-1803.

Heart Attacks (film). Teaches the essentials for preventing heart disease and what can be done after an attack. From the Medicine for the Layman series. (60 minutes) • For sale from the National Audiovisual Center. Videocassette, guide, $120; specify make and model number of videocassette player.

High Blood Pressure. Discusses normal blood pressure, changes in blood pressure, and how blood pressure is regulated by hormones. Explains the causes and effects of high blood pressure, and its treatment. From the Medicine for the Layman series. (21 pages) • Single copy free from the Office of Clinical Reports and Inquiries, NIH Pub. No. 79-1808.

High Blood Pressure: A Common But Controllable Disorder. See Age Pages under AGING.

How Doctors Diagnose Heart Disease. Presents information on diagnosis and treatment of coronary artery disease, including catheterization, electrocardiograms, exercise testing, and cineangiography. • Single copy free from the National Heart, Lung and Blood Institute, NIH Pub. No. 81-753.

Hypertension Targets: Blacks, Elderly. Discusses the incidence and occurrence of high blood pressure in the United States. (2 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)82-1094.

Nutrition and Your Health: Dietary Guidelines for Americans. See NUTRITION.

On Being Too Rich, Too Thin, Too Cholesterol Laden. See NUTRITION.

Questions About Weight, Salt and High Blood Pressure. Answers questions about what is now known about the relationship between diet and high blood pressure. (8 pages) • Single copy free from the National Heart, Lung, and Blood Institute, NIH Pub. No. 82-1459.

The Story Behind Those High Blood Pressure Readings. Gives general background information on high blood pressure, tells what the diastolic and systolic readings mean, and lists drugs used in the treatment of this condition. (3 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)81-3119.

What You Should Know About Stroke and Stroke Prevention. Discusses causes of stroke and presents ten commandments for stroke prevention. Talks briefly about what to do if a stroke occurs. (16 pages) • Single copy free from the National Institute of Neurological and Communicative Diseases and Stroke, NIH Pub. No. 81-1909; for sale by the Superintendent of Documents, Stock No. 017-049-00107-7, $2.

Dental Health

Una buena dentadura para usted y su bebe. Spanish version of Good Teeth for You and Your Baby. • Single copy free from the National Institute of Dental Research, NIH Pub. No. 79-1465.

Fluoride Mouthrinsing in Schools...Protection for Children's Teeth. Explains how the incidence of new tooth decay can be reduced by about 35 percent for children aged 5 to 17 who participate in weekly, school-based mouthrinsing programs. (6 pages) • Single copy free from the National Institute of Dental Research, NIH Pub. No. 82-1131.

Fluoride Tablets...A Healthier Smile for School Children. Discusses the dental health benefits of a school-based fluoride tablet program for children in kindergarten through eighth grade. (6 pages) • Single copy free from the National Institute of Dental Research, NIH Pub. No. 82-1197.

Fluoride to Protect Your Children's Teeth. Discusses community water fluoridation and alternative methods of fluoride application to prevent tooth decay. (6 pages) • Single copy free from the National Institute of Dental Research, NIH Pub. No. 82-1141.

Good Teeth for You and Your Baby. Stresses the importance of good dental care for pregnant women and their children. (16 pages) • Single copy free from the National Institute of Dental Research, NIH Pub. No. 79-1255.

A Healthy Start...Fluoride Tablets for Children in Preschool Programs. Informs parents of preschool children of the dental health benefits of fluoride tablets in fluoride-deficient areas. (4 pages) • Single copy free from the National Institute of Dental Research, NIH Pub. No. 82-1838.

Periodontal (Gum) Disease. Provides a brief overview of periodontal disease, describing the condition, contributing factors, different types, and how to protect against this disease which affects youths and adults. (8 pages) • Single copy free from the National Institute of Dental Research, NIH Pub. No. 81-1142.

Rx For Sound Teeth. Gives step-by-step instructions on how to control dental plaque and prevent diseases of the teeth and gums. (8 pages) • Single copy free from the National Institute of Dental Research, NIH Pub. No. 81-793.

Seal Out Dental Decay. Explains how dentists can provide protection against tooth decay by applying adhesive plastic materials to the chewing surfaces of the teeth. Also describes other dental uses of these plastic sealants. (4 pages) • Single copy free from the National Institute of Dental Research, NIH Pub. No. 80-1140.

Taking Care of Your Teeth. See Age Pages under AGING.

Tooth Decay. Gives an overview of dental caries (tooth decay), describing its causes and ways in which people can guard against it. (6 pages) • Single copy free from the National Institute of Dental Research, NIH Pub. No. 82-1146.

Diabetes

Diabetes and Your Eyes. Describes diabetic retinopathy and explains how it is detected and treated. Tells how patients can keep the disease under control. (20 pages) • Single copy free from the National Eye Institute, NIH Pub. No. 83-2171.

Facts About Insulin-Dependent Diabetes. Describes the symptoms, treatment and risk of complications associated with the more serious form of diabetes. (11 pages) • Free from the National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases, NIH Pub. No. 80-2098.

Digestive Diseases

Aging and Digestion. See White House Conference on Aging Summaries under AGING.

Constipation. See Age Pages under AGING.

Fact Sheet: Bleeding in the Digestive Tract. Discusses this frightening symptom of disease and what can be done to diagnose its cause, in order to prevent or arrest digestive disease. Includes glossary. (5 pages) • Free from the National Digestive Diseases Education and Information Clearinghouse.

Fact Sheet: Cirrhosis of the Liver. Explains that "prevention is the best treatment, because three-fourths of the cases in the U.S. are due to alcohol." Describes other causes, symptoms, diagnosis and treatment, using diagrams. (4 pages) • Free from the National Digestive Diseases Education and Information Clearinghouse.

Fact Sheet: Diarrhea, Infectious and Other Causes. Explains what diarrhea is and what causes it, possible dangers, when to consult a doctor, treatment, and precautions for the traveler. (1 page) • Free in limited quantities from the National Digestive Diseases Education and Information Clearinghouse.

Fact Sheet: Gallstone Disease - Questions and Answers. Answers some common questions: Who gets gallstones?, Why do they form?, What are the complications?, and Why is surgery necessary? A glossary of terms and an illustration of the digestive system are provided. (4 pages) • Free in limited quantities from the National Digestive Diseases Education and Information Clearinghouse.

Fact Sheet: Heartburn. Describes prevention of recurring heartburn, a common complaint that is sometimes confused with heart disease, a far more serious condition. (2 pages) • Free from the National Digestive Diseases Education and Information Clearinghouse.

Fact Sheet: Milk Intolerance Due to Lactose Deficiency. Describes the symptoms and what can be done to prevent them from recurring. (4 pages) • Free from the National Digestive Diseases Education and Information Clearinghouse.

Fact Sheet: What is Constipation? Explains what constipation is and what it is not; debunks common misconceptions concerning "normal" bowel habits; discusses causes, diagnosis, and treatment. (4 pages) • Free in limited quantities from the National Digestive Diseases Education and Information Clearinghouse.

New Vaccine to Combat Hepatitis B. Presents data on who is at high risk for hepatitis B (viral hepatitis), why the vaccine was developed, who should receive the vaccine, its cost, and from whom it can be obtained. A brief discussion of how the vaccine is produced is also included. (2 pages) • Free in limited quantities from the National Digestive Diseases Education and Information Clearinghouse.

Drugs and Drug Abuse

Adolescent Peer Pressure: Theory, Correlates, and Program Implications for Drug Abuse Prevention. Provides a better understanding of the pressures and tasks associated with adolescence, the empirically based evidence of factors associated with drug abuse and other forms of problem behavior, different peer program approaches, and ways in which peer programs can be implemented. (115 pages) • To be available from the National Clearinghouse for Drug Abuse Information.

Advice on Breast Feeding and Drugs. See INFANT AND CHILD HEALTH.

Aging and Drugs. See White House Conference on Aging Summaries under AGING.

Are You a Drug Quiz Whiz? Consists of 20 questions to test knowledge about drugs and drug abuse. The quiz is intended to increase awareness of the drugs most often abused or misused and how drugs can affect you. (7 pages) • Single copy free from the National Clearinghouse for Drug Abuse Information, DHHS Pub. No. (ADM) 81-1082.

Assessing Childbirth Drugs. See PRENATAL CARE.

Channel One - A Government/Private Sector Partnership for Drug Abuse Prevention. Describes a national drug abuse prevention program developed by youth for youth that helps make the total environment a factor in learning and growth. The Channel One program requires sponsorship by the private sector and active participation by diverse citizens and youth-serving agencies in the community. (46 pages) • Single copy free from the National Clearinghouse for Drug Abuse Information; for sale by the Superintendent of Documents, Stock No. 017-024-01112-6, $4.75.

Drug Allergy. See ALLERGIES.

Drugs and Pregnancy. See PRENATAL CARE.

Drug Effects Can Go Up in Smoke. See SMOKING.

Elder-Ed: An Education Program for Older Americans: Using Medicines Wisely. A packet containing information on the do's and don'ts of taking medicines and on generic drugs. • Single copy free from the National Clearinghouse for Drug Abuse Information, DHEW Pub. No. (ADM) 78-705; for sale by the Superintendent of Documents, Stock No. 017-024-00875-3, $5.

Elder-Ed: Group Leader's Guide to Wise Use of Drugs: A Program for Older Americans. For use with the packet described above in informal training sessions or workshops. The Elder-Ed program is designed to help older Americans prevent drug use problems with both prescription and over-the-counter medicines. (17 pages) • Single copy free from the National Clearinghouse for Drug Abuse Information, DHHS Pub. No. (ADM) 81-1079; for sale by the Superintendent of Documents, Stock No. 017-024-00969-5, $4.75. See also Wise Use of Drugs (film).

Food and Drug Interactions. Explains how some foods and drugs may interfere with each other, gives some examples, and suggests ways to avoid the problem. (4 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)80-3070; ALSO AVAILABLE IN LARGE-TYPE EDITION, DHHS Pub. No. (FDA)80-3070EV.

For Kids Only: What You Should Know About Marijuana. Gives preteen and teenage youths information on marijuana use. (12 pages) • Single copy free from the National Clearinghouse for Drug Abuse Information, DHHS Pub. No. (ADM)81-986.

For Parents Only: What Kids Think About Marijuana (film). Surveys students' views and feelings about smoking marijuana. Helps parents and teachers understand teenagers' behavior. (28 minutes) • For sale from the National Audiovisual Center. 16mm film, guide, booklet, $265; videocassette, guide, booklet, $80; specify make and model number of videocassette player.

For Parents Only: What You Need to Know About Marijuana. Helps parents understand what marijuana is and answer their children's questions about it. Offers parents guidelines in dealing with marijuana experimentation or regular use. (28 pages) • Single copy free from the National Clearinghouse for Drug Abuse Information, DHHS Pub. No. (ADM)81-909; for sale by the Superintendent of Documents, Stock No. 017-024-01134-7, $4.

Generic Drugs: What Are They (film). Answers questions about generic drugs, covering patents, standards for strength, quality, and purity, and the choices people have in purchasing drug products. (11 minutes) • For sale from the National Audiovisual Center; videocassette, $70; specify make and model number of videocassette player.

Liquor May Be Quicker But... Discusses problems that may be encountered when people taking medication consume alcoholic beverages. Lists ways to avoid alcohol-drug interactions. (4 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA) 79-3039.

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Medicines and You. Describes how your age, your genes, and your diet can all affect the way medicines will work in your body. Tells what researchers are learning about the biological individuality of each human being, and how this individuality affects the way each person responds to medications. (62 pages) • Single copy free from National Institute of General Medical Sciences, NIH Pub. No. 81-2140.

On Making It Through the Night. Discusses some hazards associated with sleeping pills and suggests ways to overcome sleeplessness without drugs. (4 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA) 80-3095.

Parents, Peers, and Pot. Offers parents of children aged 9 to 14 information about marijuana. May be useful to parents of older teenagers. (98 pages) • Single copy free from the National Clearinghouse for Drug Abuse Information, DHHS Pub. No. (ADM) 79-812; for sale by the Superintendent of Documents, Stock No. 017-024-00941-5, $5.

Safe Use of Medicines by Older People. See Age Pages under AGING.

Saying NO: Drug Abuse Prevention Ideas for the Classroom. Presents drug abuse prevention ideas for seventh and eighth grade teachers including practical tools, classroom exercises, and suggested approaches. (23 pages) • Single copy free from the National Clearinghouse for Drug Abuse Information, DHHS Pub. No. (ADM) 80-916; for sale by the Superintendent of Documents, Stock No. 017-024-01009-0, $3.50.

Selecting Your Own Medicine. Advises wise use of medicines bought without prescriptions. (4 pages) • Single copy free from the Food and Drug Administration, DHEW Pub. No. (FDA) 76-3026.

Seven, Eight, Lay Them Straight (film). Short version of For Parents Only: What Kids Think About Marijuana. (8 minutes) • For sale from the National Audiovisual Center. 16mm film, $75; videocassette, $60; specify make and model number of videocassette player.

Tranquilizantes: su uso, abuso, y dependencia. Spanish version of Tranquilizers: Use, Abuse, and Dependency. • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)79-3084S.

Tranquilizers: Use, Abuse, and Dependency. Discusses the dangers of overuse and possible addiction to drugs that treat anxiety and depression. (3 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA) 79-3084.

W.e Use of Drugs: A Program for Older Americans (film). Gives older people advice on taking medicine at home and preventing drug dependence. Stresses the importance of exchanging complete information with physicians about drugs being used, gives tips for productive visits to the doctor, and suggests ways to cut the costs of medicine and medical services. (31 minutes)
• Available from the National Audiovisual Center. 16mm film, rental $25, sale $295; videocassette, sale only, $95; specify make and model number of videocassette player.

Health Promotion

Current Awareness in Health Education. Issued monthly. Describes current health promotion and education programs in community, school, health care, and worksite settings. Useful to libraries and health professionals. • For sale by the Superintendent of Documents, Stock No. 017-023-80002-7, $24 per year, 12 issues.

Disease Prevention and Health Promotion: Federal Programs and Prospects. Presents the 1978 report of the Departmental Task Force on Prevention. Covers health status goals, strategies for action, current Federal programs and activities, priorities, and recommendations. (203 pages) • For sale by the Superintendent of Documents, Stock No. 017-002-00481-9, $6.

Guidelines for Health Promotion and Education Services in HMOs. Answers questions asked by health maintenance organization administrators, medical directors, and boards of trustees regarding the scope of health education and promotion. (142 pages) • For sale by the Superintendent of Documents, Stock No. 017-002-00152-6, $5.50; also for sale from the National Technical Information Service, PB 82-196221, paper $16, microfiche $4.50.

Healthpointers and Healthfinders. Two series of resource lists that provide information on publications and other resources on specific health topics, such as health fairs and immunization; updated regularly. (1-6 pages) • Single copies free from the National Health Information Clearinghouse.

Healthstyle: A Self Test. Consists of a simple test to help determine how healthy one's habits and lifestyle are and to identify areas in which change could be helpful. Areas include smoking, nutrition, alcohol and drugs, exercise and fitness, stress, and safety. (10 pages) • Free in limited quantities from the National Health Information Clearinghouse, DHHS Pub. No. (PHS)81-50155; camera-ready version, suitable for reproduction in newsletters and newspapers, also available from the Clearinghouse.

Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention. Sets forth some new priorities for the nation's health and calls for a renewed commitment to prevention. Identifies specific goals in five stages of human development and fifteen priority areas under the general headings of preventive services, health protection, and health promotion. (177 pages) • For sale by the Superintendent of Documents, Stock No. 017-001-00416-2, $5.50.

Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention - Background Papers. Examines the past successes, future challenges, and unanswered questions relating to some key topics in prevention. Also discusses psychosocial factors in preventive medicine, preventive services for the well population, the quality of the work environment, and the economic evidence on prevention. Eighteen papers, developed by experts. (484 pages) • For sale by the Superintendent of Documents, Stock No. 017-001-11417-1, $8.

It's Academic for Healthy People (film). Presents health facts for teenagers with the format, set, and moderator of the popular television show, "It's Elementary" Can be used to reinforce knowledge about medical conditions, fitness, alcohol use, and other health topics. (28 minutes) • Available from the National Audiovisual Center. 16mm film, rental $25, sale $265; videocassette, sale only, $80; specify make and model number of videocassette player.

It's Elementary for Healthy People (film). Helps make learning about health fun for elementary school children, aged 10 and under, adopting the format, set, and moderator of the television program, "It's Elementary." (28 minutes) • Available from the National Audiovisual Center. 16mm film, rental $25, sale $265; videocassette, sale only, $80; specify make and model number of videocassette player.

Living Well: An Introduction to Health Promotion and Disease Prevention. Introduces the concepts of health promotion and disease prevention to the layman. Outlines the health risks that one faces in daily life and shows the reader how minor changes in the way he or she lives can reduce the risk of disease or disability. (36 pages) • For sale by the Superintendent of Documents, Stock No. 017-001-00428-6, $4.25.

Mantengamos una buena salud. Spanish version of HealthStyle: A Self Test. • Free in limited quantities from the National Health Information Clearinghouse, DHHS Pub. No. (PHS)81-50152.

Prevention '80. Summarizes major developments and trends in prevention and outlines Federal programs. Provides a detailed inventory of Federal prevention activities and funds. Includes statistical data. (143 pages) • Single copy free from the National Health Information Clearinghouse, DHHS Pub. No. (PHS)81-50157; also for sale by the Superintendent of Documents, Stock No. 017-001-00433-2, $6.50.

Promoting Health: Issues and Strategies. Discusses the concept of community health promotion and some of the issues it involves. Gives a general overview of several programs. Surveys the needs and possible strategies for programs in various settings. (17 pages) • Single copy free from the National Health Information Clearinghouse.

Promoting Health/Preventing Disease: Objectives for the Nation. Identifies specific and measurable objectives for 15 priority areas. This is a companion to the national strategy set forth in Healthy People. (102 pages) • For sale by the Superintendent of Documents, Stock No. 017-001-00435-9, $5.

Report on the 1980 Invitational Conference on Disease Prevention and Health Promotion in Communities. Proceedings of a conference held in Arlington, Virginia, on May 1 and 2, 1980 and sponsored by the American Health Foundation and the Office of Health Information, Health Promotion, Physical Fitness and Sports Medicine. The meeting focused on the role of the media, fund raising, economics, and programs in community health promotion. (43 pages) • Single copy free from the National Health Information Clearinghouse.

Source Book for Health Education: Materials and Community Resources. Gives guidelines for locating and selecting materials for health promotion, health education, and risk reduction programs. (100 pages). • For sale by the Superintendent of Documents, Stock No. and price pending.

Strategies for Promoting Health for Specific Populations. Examines the health promotion needs, priorities, and concerns of minorities and special populations. Includes recommendations on reaching Asian/Pacific Americans, Black Americans, Hispanic Americans, elderly Americans, and American Indians. (53 pages) • For sale by the Superintendent of Documents, Stock No. 017-001-00439-1, $4.25.

Thinking Well With the Wee Pals. Uses the Wee Pals characters in a comic/coloring book by Morrie Turner to present practical information from the Surgeon General's report, Healthy People. Negatives only are available. Local groups can reproduce this using their own logo. (28 pages) • Printing negatives only on free loan from the National Health Information Clearinghouse.

Toward a Healthy Community: A Model Fair. Describes Healthworks '79, a model health fair organized by the Department of Health and Human Services. (18 pages) • Single copy free from the National Health Information Clearinghouse; for sale by the Superintendent of Documents, Stock No. 017-001-00437-5, $3.25.

Toward a Healthy Community: Organizing Events for Community Health Promotion. Discusses the reasons for and importance of health promotion initiatives at the community level. Presents a model for organizing community health promotion events. (37 pages) • Single copy free from the National Health Information Clearinghouse; for sale by the Superintendent of Documents, Stock No. 017-001-00438-3, $4.25.

Worksite Health Promotion: A Bibliography of Selected Books and Resources. Lists and describes resources for employee health promotion programs. Includes books, pamphlets, newsletters for employees, and organizations. (22 pages) • Single copy free from the National Health Information Clearinghouse.

Immunization

Health Information for International Travel. Provides up-to-date and comprehensive information on vaccination requirements of other countries, including information measures for travelers to take to protect their health and facilitate their travel. (106 pages) • For sale by the Superintendent of Documents, Stock No. 017-023-00143-4, $9.

Stay Well Card. A children's educational coloring book on immunization with a short message and immunization checklist for parents. (8 pages) • Single copy free from the Consumer Information Center, 22 L 4895.

Infant and Child Health

Advice on Breast-feeding and Drugs. Explains how mother's milk can become contaminated by drugs that the mother may be taking. Discusses some medications that can be particularly harmful. (2 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)80-3098.

Being Friends (films, filmstrips). See MENTAL HEALTH.

Breast Feeding. Encourages mothers to breastfeed and teaches the proper techniques. (22 pages) • Free from the National Center for Education in Maternal and Child Health, DHHS Pub. No. (HSA)80-5109.

El cuidado de su bebe. Spanish version of Infant Care. • For sale by the Superintendent of Documents, Stock No. 017-091-00238-0, $4.50.

Cuidadu prenatal. Spanish version of Prenatal Care. • For sale by the Superintendent of Documents, Stock No. 017-091-00209-6, $4.50.

Detection and Prevention of Learning Disorders. See MENTAL HEALTH.

Examenes de nutricion para ninos. Spanish version of Nutrition Checkups for Children.

FLUORIDE. See publications under DENTAL HEALTH.

Infant Care. Gives new parents basic information on caring for an infant. Advises on handling "difficult" babies, first aid and emergency treatment, and a variety of common problems from diaper rash to colds. (67 pages) • For sale by the Superintendent of Documents, Stock No. 017-091-00228-2, $4.75.

It's Academic for Healthy People (film). See HEALTH PROMOTION.

It's Elementary for Healthy People (film). See HEALTH PROMOTION.

Learning to Talk: Speech, Hearing, and Language Problems in the Preschool Child. See MENTAL HEALTH.

Next to Mother's Milk, There's Infant Formula. Describes types of infant formulas and the problems uncovered in 1979 concerning the nutrient content of formulas, especially the soy-based products. (4 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)81-2139.

Nutrition Checkups for Children: Tips for Parents. Explains the importance of childhood nutrition to parents and presents proper growth patterns for children. (8 pages) • Free from the National Center for Education in Maternal and Child Health, DHHS Pub. No. (HSA)81-5113.

The Physically Underdeveloped Child. See PHYSICAL FITNESS AND EXERCISE.

Prenatal Care. Gives the expectant mother basic information on caring for herself and her unborn baby. Being updated. (70 pages) • For sale by the Superintendent of Documents, Stock No. 017-091-00187-1, $4.75.

Preventing Childhood Poisonings (film). Discusses some common kitchen agents that can poison children and tells parents how to respond to such emergencies. (14 minutes) • For sale from the National Audiovisual Center. Videocassette, $70; specify make and model number of videocassette player.

Scoliosis. See BONE DISORDERS.

Watch Out for Lead Paint Poisoning. Points out the hazards of lead in our environment and notes preventive measures that can be taken to protect young children. (4-fold) • Free from the National Center for Education in Maternal and Child Health, DHHS Pub. No. (HSA)75-5101.

Medical Devices

The Big Quack Attack: Medical Devices (slide set). Takes a look at the many kinds of fraudulent medical devices on the market. Explains how to recognize phony claims, what the Federal Government can and cannot do to protect consumers, and what consumers can do to protect themselves and help others. (14 minutes) • For sale from the National Audiovisual Center. 103 slides, audiocassette, script, $62; for information on loans, contact the FDA Consumer Affairs Officer in your FDA District Office.

HEARING AIDS. See publications under VISION AND HEARING IMPAIRMENT.

Mental Health

Being Friends (films, filmstrips). Introduces to children 9 to 12 years old the pleasures and problems of dealing with persons of various ages - younger children, peers, teenagers, adults, and very old people. A five-part series. Discussion guide and song sheets included. (31 minutes) • For sale by the National Audiovisual Center, filmstrips and audiocassette, sale only, $45; 16mm film, rental $25, sale $310; videocassette, sale only, $320. Specify make and model number of videocassette player.

Detection and Prevention of Learning Disorders. Discusses learning disability as the most prevalent affliction of childhood. Describes the work that has been done and describes the outcome of some specific research efforts. (31 pages) • Single copy free from the National Clearinghouse for Mental Health Information, DHHS Pub. No. (ADM)77-337; for sale by the Superintendent of Documents, Stock No. 017-024-00524-0, $4.25.

Feelings of Guilt. Talks about the guilt feelings that live with us and ways to handle them; from the Plain Talk series. (4 pages) • Single copy free from the National Clearinghouse for Mental Health Information, DHHS Pub. No. (ADM)81-580.

Learning, Memory, and Aging. See White House Conference on Aging Summaries under AGING.

Learning to Talk: Speech, Hearing, and Language Problems in the Pre-School Child. Explains in layman's language the kinds of communication disorders a young child may have. Covers the physiology of speech, hearing, and language, the normal development of language in stages from the first year to age 5, and some of the disorders that cause speech difficulties. Emphasizes the need for early detection of problems. (48 pages) • Single copy free from the National Institute on Neurologic and Communicative Disorders and Stroke, DHEW Pub. No. (NIH)77-43; for sale by the Superintendent of Documents, Stock No. 017-049-00082-8, $4.50.

Science Reports: Adolescence and Stress. Reports on the Conference on Research Directions for Understanding Stress Reaction in Adolescence, sponsored by the National Institute of Mental Health (NIMH). (150 pages) • Single copy free from the National Clearinghouse for Mental Health Information, DHHS Pub. No. (ADM)81-198; for sale by the Superintendent of Documents, Stock No. 017-024-01113-4, $5.

You Are Not Alone. Discusses ways to recognize and deal with depression, mood changes, and related stress in yourself and others. (16 pages) • For sale by the Superintendent of Documents, Stock No. 017-024-01121-5, $2.25.

Nutrition

Algunos hechos y mitos acerca de las vitaminas. Spanish version of Some Facts and Myths About Vitamins. • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)79-2117S.

The Case for Moderating Salt/Sodium Consumption. See CARDIOVASCULAR DISEASES.

Cholesterol, Diet, and Heart Disease. See CARDIOVASCULAR DISEASES.

The Confusing World of Health Foods. Provides general information about foods sold as health foods and about terms such as "organic" and "natural." (4 pages) • Single copy free from the Food and Drug Administration, DHEW Pub. No. (FDA)79-2108; ALSO AVAILABLE IN LARGE-TYPE EDITION, DHEW Pub. No. (FDA)79-2108EV.

Diet Books Sell Well But... Reviews and evaluates some of the popular diet plans. (4 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)82-1093.

Experts Weigh the Reducing Potions. Summarizes recent findings on weight-loss products. (2 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)82-3099.

Food and Drug Interactions. See DRUGS AND DRUG ABUSE.

Food for the Teenager During Pregnancy. See PRENATAL CARE.

Food: Staying Healthy After 65. See Age Pages under AGING.

Grandma Called It Roughage. Discusses the benefits of dietary fiber and advises against eating too little or too much fiber. (2 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)78-2087.

How to Ignore Salt and Still Please the Palate. Suggests substitutes for salt when it is necessary to reduce sodium consumption. Lists herbs and spices and names some books on the subject. (3 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)82-2165.

In Only Four Weeks. Reviews and evaluates some of the most frequently advertised ways to lose weight and change the body's shape. (5 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)77-4001.

More Than You Ever Thought You Would Know About Food Additives. Describes the various kinds of food additives and explains why they are used. (4 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)82-2160.

El mundo desconcertante de los alimentos organicos. Spanish version of The Confusing World of Health Foods. • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)79-2108S.

Next to Mother's Milk, There's Infant Formula. See INFANT AND CHILD HEALTH.

Nutricion y su salud. Spanish version of Nutrition and Your Health. Printing negatives only available from the DHHS Nutrition Coordinating Office.

Nutrition and Your Health: Dietary Guidelines for Americans. Makes dietary recommendations for people who are already healthy and includes information concerning fat, starch and fiber, sodium, sugar, alcohol, maintaining ideal weight, and eating a variety of foods. (20 pages) • Free in limited quantities from the National Health Information Clearinghouse; for sale by the Superintendent of Documents, Stock No. 001-000-04248-3, $2.25, 100 copies for $27.

Printing negatives, in English and Spanish, black and white or color, are available on loan from the DHHS Nutrition Coordinating Office. Please note that in Spanish, only the negatives are available.

Nutrition Checkups for Children. See INFANT AND CHILD HEALTH.

Obesity and Energy Metabolism (film). Discusses obesity from a biomedical standpoint and explains how the body uses food as fuel. Provides information that will help individuals determine the appropriate number of calories they need at rest and when active. From the Medicine for the Layman series. (60 minutes) • For sale from the National Audiovisual Center. Videocassette, $120; specify make and model number of videocassette player.

On Being Too Rich, Too Thin, Too Cholesterol Laden. Discusses the relationship between cholesterol and health and ways to avoid cholesterol if necessary. (3 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)81-1087.

Primer on Dietary Minerals. Gives basic information about necessary minerals, what foods contain them, and their recommended daily allowances. (4 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)77-2070.

Primer on Three Nutrients. Provides general, textbook information on the three main energy-producing food types: carbohydrates, proteins, and fats. (4 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)81-2026.

Questions About Weight, Salt, and High Blood Pressure. See CARDIOVASCULAR DISEASES.

Sodium: Think About It... Tells what foods contain sodium and how to reduce sodium in the diet. (6 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)82-2164.

Some Facts and Myths of Vitamins. Discusses vitamins, their sources, and their recommended daily allowances. (4 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)79-2117.

Physical Fitness and Exercise

Don't Take It Easy--Exercise! See Age Pages under AGING.

Exercise and Weight Control. Explains how to combine exercise and diet to maintain proper body weight. (40 pages) • Single copy free from the President's Council on Physical Fitness and Sports; for sale by the Superintendent of Documents, Stock No. 040-000-00371-1, $2.25; 100 copies for $13.

Exercise and Your Heart. Presents up-to-date information on the effects of physical activity on your heart and offers practical guidelines for starting and staying on your own exercise program. (44 pages) • Single copy free from the National Heart, Lung and Blood Institute, DHHS Pub. No. (NIH)81-1677.

Fitness in the Workplace. A handbook on employee physical fitness programs. Includes information on benefits, organization, finance, staffing, facilities and incentives. (16 pages) • Single copy free from the President's Council on Physical Fitness and Sports.

An Introduction to Physical Fitness. Includes self-testing activities, progressive exercises, and guidelines for jogging. (24 pages) • Single copy free from the President's Council on Physical Fitness and Sports; for sale by the Superintendent of Documents, Stock No. 017-002-00144-5, $2.75; 100 copies for $39.

One Step at a Time (An Introduction to Running). A handbook for beginning runners. Includes tips on pace, form, and attire, plus stretching exercises and a section on benefits of running. (16 pages) • Single copy free from the President's Council on Physical Fitness and Sports; for sale by the Superintendent of Documents, $2.75; 100 copies for $39.

The Physically Underdeveloped Child. Explains procedures for identifying children with strength, endurance and coordination problems. Lists suggested remedial activities. (16 pages) • Single copy free to schools from the President's Council on Physical Fitness and Sports; for sale by the Superintendent of Documents, Stock No. 040-000-00389-8, $2.50.

Walking for Exercise and Pleasure. Includes information on the health and recreational benefits of walking, plus sections on proper pace, form, attire, and stretching exercises. (16 pages) • Single copy free from the President's Council on Physical Fitness and Sports.

Prenatal Care

Alcohol and Your Unborn Baby. See ALCOHOL.

Assessing Childbirth Drugs. Discusses the risks and benefits of drugs given to relieve pain during labor and delivery. (1 page) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)80-3101.

Before the Baby (slide set). Provides information for pregnant women on foods, new drugs, and X-rays. (10 minutes) • For sale from the National Audiovisual Center. 74 slides, audiocassette, script, $28.

Cuando la vida del bebe esta tan ligada a la suya propia. Spanish version of When the Baby's Life is so Much Your Own. • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)80-1057S.

Drugs and Pregnancy. Explains how medications, drugs, alcohol, and tobacco are shared with the unborn baby. Discusses some related hazards. (4 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)80-3083.

Facts About Down Syndrome for Women Over 35. Describes Down syndrome, genetic counseling, and the outlook for a child with Down syndrome. (18 pages) • Single copy free from the National Institute of Child Health and Human Development, NIH Pub. No. 82-536.

Food for the Teenager During Pregnancy. Encourages pregnant teenagers to eat nutritiously and presents sample menus. (16 pages) • Single copy free from the National Center for Education in Maternal and Child Health, DHHS Pub. No. (HSA)81-5106.

Genetic Counseling: Learning What to Expect. Discusses various inherited disorders, the process of genetic counseling, amniocentesis, and other means of determining whether an unborn baby is likely to be normal. (4 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)81-9006.

Good Teeth for You and Your Baby. See DENTAL HEALTH.

Healthy Mothers Coalition Directory of Educational Materials. Lists educational materials on prenatal care. • Single copy free from the National Health Information Clearinghouse.

Little Babies Born Too Soon, Born Too Small. Explains the health problems that low-birth-weight babies can have, preventive measures, and research now underway. (20 pages) • Single copy free from the National Institute of Child Health and Human Development, DHEW Pub. No. (NIH)77-1079.

Pregnant...Are You Aware That Medicines You Take During Pregnancy Can Harm Your Unborn Baby? (poster). Alerts pregnant women to the possible dangers of medications. (17" x 21") • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)80-3096.

Questions and Answers About DES Exposure During Pregnancy and Before Birth. See CANCER.

When the Baby's Life Is So Much Your Own. Gives advice about general health care during pregnancy and provides information on the effects of specific medicines and drugs on the unborn baby. (4 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)80-1057.

X-RAYS AND PREGNANCY. See publications under X-RAYS.

Respiratory Diseases

The Lungs. Explains how the lungs function, causes of lung disease, and prevention. From the Medicine for the Layman series. (23 pages) • Single copy free from the National Heart, Lung and Blood Institute, NIH Pub. No. 79-1802.

What You Should Know About Asthma (slide set). Explains what can be done to control asthma. Appropriate for patient education and the classroom. (11 minutes) • For sale from the National Audiovisual Center, 40 slides, audiocassette, script, $30.

Skin Problems

Control and Prevention of Malignant Melanoma: A Program for Melanoma-Prone Families. See CANCER.

Occupational Dermatoses: Employer/Employee Program (slide set). Provides an overview of predisposing factors for occupational skin diseases: patterns of skin response to chemicals, mechanical stress, and biological agents. Also covers preventive techniques. (16 minutes) • For sale from the National Audiovisual Center. 77 slides, audiocassette, script, $35.

Skin: Getting the Wrinkles Out of Aging. See Age Pages under AGING.

Stubborn and Vexing, That's Acne. Explains what causes acne and what you can do about it. (3 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)80-3107.

Tan Now, Pay Later? Discusses how the sun's rays affect the skin. Explains sun protection factors (SPF) used to rate sunscreen products and lists ingredients found to be safe and effective in these products. (2 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)82-1095.

What You Should Know About Vitiligo. Explains this skin disease, what is known about its causes and treatment. (7 pages) • Single copy free from the National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases, NIH Pub. No. 80-2088.

Smoking

Clearing the Air: A Guide to Quitting Smoking. Offers a variety of ways to quit smoking. (36 pages) • Single copy free from the National Cancer Institute, DHEW Pub. No. (NIH)81-1647.

Despejando el aire: guia para dejar de fumar. Spanish version of Clearing the Air. • Single copy free from the National Cancer Institute, NIH Pub. No. 81-2146.

Drug Effects Can Go Up in Smoke. Explains how smoking can interfere with the expected benefits of medicines. (2 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)79-3086.

Don't You Get Hooked! (poster). Bright colors with a fish and a simple message about smoking, (15-1/2" x 21") • Single copy free from the Office on Smoking and Health.

Slim and Smokeless. Gives tips on how to avoid gaining weight after stopping smoking. (4 pages) • Single copy free from the Office on Smoking and Health, DHHS Pub. No. (CDC)77-8346.

Smoking Programs for Youth. Provides a compendium of activities that can be done through schools; intended audiences are schools and community groups. (92 pages) • Free from the National Cancer Institute, NIH Pub. No. 81-2156.

Smoking, Tobacco and Health. Discusses the health risks and prevalence of smoking, tobacco growing, cigarette manufacturing, and marketing. (36 pages) • Single copy free from the Office on Smoking and Health, DHHS Pub. No. (PHS)80-50150.

State and Local Programs on Smoking and Health: A Catalog of Local Programs Throughout the Country on Smoking and Health. Describes cessation clinics, prevention efforts aimed at children and adolescents, school programs, community and patient education programs, mass media campaigns, and individual self-help and counseling programs. For health professionals, community groups, and individuals. (100 pages) • Single copy free from the Office on Smoking and Health, DHHS Pub. No. (PHS)82-50190.

Two Things Every Woman Should Know About Smoking Cigarettes. Describes two of the risks for women who smoke: lung cancer and adverse effects on an unborn baby. (2 pages) • Single copy free from the Office on Smoking and Health, DHHS Pub. No. (PHS)80-50114.

Urinary Tract Infections

Understanding Urinary Tract Infections. Discusses this common affliction, its causes, treatment, and methods to help prevent recurrent infections. (10 pages) • Single copy free from the National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases, NIH Pub. No. 80-2097.

Urinary Tract Infections. See Age Pages under AGING.

Venereal Disease

Genital Herpes. Answers the most commonly asked questions about genital herpes, its cause, symptoms, recurrences, and treatment. (8 pages) • Single copy free from the National Institute of Allergy and Infectious Diseases, NIH Pub. No. 82-2005.

Jennifer: A Revealing Story About Genital Herpes (film). Follows a young woman striving to cope with her own case of genital herpes. Offers an objective educational message for the general public while providing emotional support for persons already suffering from the disease. Shows actual herpes simplex lesions in the genital area. (28 minutes) • Available on free loan from Modern Talking Picture Service; for sale from Byron Film Laboratories; 16mm film, $187.44 plus shipping.

Sexually Transmitted Diseases. Discusses most common STD's, including gonorrhea, syphilis, genital herpes, and chlamydial infections. Also mentions other diseases that can be sexually transmitted. (24 pages) • For sale by the Superintendent of Documents, Stock No. 017-044-00032-0, $3.50.

Vision and Hearing Impairment

Cataracts. Reviews what is known about cataracts: the symptoms, treatments including surgery and substitute lens, and research underway. (18 pages) • Single copy free from the National Eye Institute, NIH Pub. No. 83-201.

Diabetes and Your Eyes. See DIABETES.

Facts About Hearing and Hearing Aids. Discusses the causes of and treatments for hearing loss and the selection, use, and care of hearing aids. (32 pages). • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)79-4016.

Hearing Loss: Hope Through Research. Discusses in layman's language various types of hearing impairment, prevention, diagnosis, treatment, including surgery, and research. Also talks about hearing aids and other helpful devices. (35 pages) • Single copy free from the National Institute of Neurologic and Communicative Diseases and Stroke, NIH Pub. No. 82-157; for sale by the Superintendent of Documents, Stock No. 017-049-00126-3, $4.20.

Keeping an Eye on Glaucoma. Discusses the control of glaucoma with drugs and surgery. (3 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)80-3015; ALSO AVAILABLE IN LARGE-TYPE EDITION, DHHS Pub. No. (FDA)80-3015EV.

Senile Macular Degeneration. Explains how the eye works and how senile macular degeneration (SMD) develops. Describes laser photocoagulation for treating the disease, and current research. Tells how patients can check their own eyes. (6 pages) • Single copy free from the National Eye Institute, no publication number.

Tuning In On Hearing Aids. Discusses hearing problems and how they can be corrected. (3 pages) • Single copy free from the Food and Drug Administration, DHHS Pub. No. (FDA)80-4024; ALSO AVAILABLE IN LARGE-TYPE EDITION, DHHS Pub. No. (FDA)80-4024EV.

X-Rays

Los rayos equis, el embarazo y usted. Spanish version of X-Rays, Pregnancy and You. • Free from X-Ray, Food and Drug Administration, DHHS Pub. No. (FDA)79-8087S.

Los rayos equis y el embarazo (poster). Spanish version of X-Rays and Pregnancy. • Free from X-Ray, Food and Drug Administration, DHHS Pub. No. (FDA)1045S.

So You Want to be in Pictures? (filmstrip, slides). Outlines the benefits and the risks of medical and dental X-ray examinations. (14 minutes) • Available from the National Audiovisual Center. Sound filmstrip, 79 frames, audiocassette, script, sale $38; sound slide set, 79 slides, audiocassette, script, sale $41; for information on loans, contact the FDA Consumer Affairs Officer in your FDA District Office.

X-Rays and Pregnancy (poster). Cautions women, "Pregnant... or think you might be? Tell your doctor before getting an X-ray or prescription." (17" x 21"). • Free from X-Ray, Food and Drug Administration, DHHS Pub. No. (FDA)80-1045.

X Rays, Pregnancy and You. Describes the possible effects of X-rays on the unborn baby and the special precautions to be taken with X-rays during pregnancy. (6 pages) • Free from X-Ray, Food and Drug Administration, DHHS Pub. No. (FDA)79-8087.

General Resources

Indexes

Abridged Index Medicus. A print index, issued monthly. Provides access to 125 English-language clinical journals. • For sale by the Superintendent of Documents, $46 per year.

CHILD ABUSE AND NEGLECT. An online database produced by the National Center for Child Abuse and Neglect. Includes information on research projects, service programs, and publications. • Available through DIALOG Information Services, Inc.

HEALTH PLANNING AND ADMINISTRATION. An online database containing citations to literature on health planning, organization, and related subjects. Part of the National Library of Medicine's MEDLARS system. • Available through selected medical libraries around the country; also available through two commercial vendors, Bibliographic Retrieval Services, Inc. (BRS) and DIALOG Information Services, Inc.

Index Medicus. A print index, issued monthly. Indexes more than 2,500 journals plus monographs and conference proceedings. A separate section gives access to lengthy and review articles. Available online as MEDLINE. • For sale by the Superintendent of Documents, $195 per year.

MEDLINE. An online database providing citations to biomedical journal articles from both U.S. and foreign journals. Includes selected chapters and articles from monographs as well. Its print counterparts include Index Medicus. Part of the National Library of Medicine's MEDLARS system. • Available at selected medical libraries around the country; also available through the commercial vendors, Bibliographic Retrieval Services, Inc. (BRS) and DIALOG Information Services, Inc.

NIMH/MENTAL HEALTH ABSTRACTS. An online database produced by the National Institute of Mental Health. Cites journal articles, monographs, reports, conference proceedings, and non-print media. • Available through Bibliographic Retrieval Services, Inc. (BRS) where it is called NIMH, and DIALOG Information Services, Inc. where it is MENTAL HEALTH ABSTRACTS.

Clearinghouses

The Department of Health and Human Services provides the information clearinghouses and centers listed below. They can provide information, materials, or services that may help in developing health promotion and disease prevention programs.

ALCOHOL

National Clearinghouse for Alcohol Information (NCALI). P.O. Box 2345, Rockville, MD 20852, 301/468-2600. Gathers and disseminates current knowledge on alcohol-related subjects.

ARTHRITIS

Arthritis Information Clearinghouse. P.O. Box 9782, Arlington, VA 22209, 703/558-8250. Identifies materials concerned with arthritis and related musculoskeletal diseases and serves as an information exchange for individuals and organizations involved in public, professional, and patient education. Refers personal requests from patients to the Arthritis Foundation.

CANCER

Cancer Information Clearinghouse. National Cancer Institute, Office of Cancer Communications, 9000 Rockville Pike, Bldg. 31, Room 10A18, Bethesda, MD 20205, 301/496-4070. Collects information on public and patient cancer education materials and refers organizations and health care professionals to appropriate sources.

Office of Cancer Communications. National Cancer Institute, Cancer Information Service, Bethesda, MD 20205, 301/496-5583; 800/638-6694. Answers requests for cancer information from patients and the general public. The National Cancer Institute sponsors the toll-free telephone number to supply cancer information to the general public.

CHILD ABUSE

Clearinghouse on Child Abuse and Neglect Information. P.O. Box 1182, Washington, DC 20013, 703/558-8200 ext. 38. Collects, processes, and disseminates information on child abuse and neglect.

DIABETES

National Diabetes Information Clearinghouse. Box: NDIC, Bethesda, MD 20205, 202/842-7630. Collects and disseminates information on patient education materials and coordinates the development of materials and programs for diabetes education.

DIGESTIVE DISEASES

National Digestive Diseases Education and Information Clearinghouse. 1555 Wilson Blvd., Suite 600, Rosslyn, VA 22209, 301/496-9707. Provides information on digestive diseases to health professionals and consumers.

DRUG ABUSE

National Clearinghouse for Drug Abuse Information. P.O. Box 416, Kensington, MD 20795, 301/443-6500. Collects and disseminates information on drug abuse. Produces informational materials on drugs, drug abuse, and prevention.

HANDICAPPED

Clearinghouse on the Handicapped. 330 C St. SW., Washington, DC 20202, 202/245-0080. Serves as a resource to organizations that supply information to and about handicapped individuals. Its primary focus is on Federal programs and legislation.

National Information Center for Handicapped Children and Youth. 1555 Wilson Blvd., Suite 600, Rosslyn, VA 22209, 703/522-0870. Provides information on various disabilities, listings of parent groups throughout the country, and sources for additional local information. Answers inquiries and distributes a newsletter and other publications.

HEALTH INFORMATION

National Health Information Clearinghouse (NHIC). P.O. Box 1133, Washington, DC 20013-1133, 703/522-2590 (in VA); 800/336-4797. Helps the public locate health information through identification of health information resources and an inquiry and referral system. Health questions are referred to appropriate health resources that, in turn, respond directly to inquirers.

HEALTH PROMOTION AND EDUCATION

Center for Health Promotion and Education (CHPE). 1600 Clifton Rd., Bldg. 14, Atlanta, GA 30333, 404/329-3235. Provides leadership and program direction for the prevention of disease, disability, premature death, and undesirable and unnecessary health problems through health education. Formerly called the Bureau of Health Education.

HIGH BLOOD PRESSURE

High Blood Pressure Information Center. 120/80, National Institutes of Health, Bethesda, MD 20205, 703/558-4880. Provides information on the detection, diagnosis, and management of high blood pressure to consumers and health professionals.

MATERNAL AND CHILD HEALTH

National Center for Education in Maternal and Child Health. P.O. Box 28612, Washington, DC 20005, 202/842-7617. Provides information on most aspects of maternal and child health, including genetic diseases. See also Sudden Infant Death Syndrome.

MENTAL HEALTH

National Clearinghouse for Mental Health Information. Public Inquiries Section, 5600 Fishers Lane, Room 15C-17, Rockville, MD 20857, 301/443-4513. Distributes National Institute of Mental Health publications. Provides referrals to mental health facilities.

OCCUPATIONAL SAFETY AND HEALTH

Clearinghouse for Occupational Safety and Health Information. 4676 Columbia Parkway, Cincinnati, OH 45226, 513/684-8326. Provides technical information support for the National Institute for Occupational Safety and Health research programs and supplies information to others on request.

POISON CONTROL

Division of Poison Control. Food and Drug Administration, 5600 Fishers Lane, Room 1335, Rockville, MD 20857, 301/443-6260. Works with the national network of 600 poison control centers to reduce the incidence and severity of acute poisoning. Directs toxic emergency calls to a local poison control center.

SMOKING

Office on Smoking and Health. Technical Information Center, 5600 Fishers Lane, Park Bldg., Room 116, Rockville, MD 20857, 301/443-1690. Offers bibliographic and reference service to researchers and others, and publishes and distributes a number of titles in the field of smoking.

SUDDEN INFANT DEATH SYNDROME (SIDS)

Sudden Infant Death Syndrome Clearinghouse. 1555 Wilson Blvd., Suite 600, Rosslyn, VA 22209, 703/522-0870 ext. 279. Provides information on SIDS to health professionals and consumers.

Ordering Information

When ordering materials include title and order number and use the full address as given below. Agencies are listed in alphabetical order.

Bibliographic Retrieval Services, Inc. (BRS), 1200 Route 7, Latham, NY 12110, 800/833-4707

Byron Film Laboratories, 65 K St. NE., Washington, DC 20002, 202/789-1100

Consumer Information Center, Pueblo, CO 81009, 202/566-1794

DHHS Nutrition Coordinating Office, Reporter's Building, 300 Seventh St. SW., Room 609, Washington, DC 20201, 202/472-5308

DIALOG Information Services, 3460 Hillview Ave., Palo Alto, CA 94304, 800/227-1960

Food and Drug Administration, Office of Consumer Affairs, Public Inquiries, 5600 Fishers Lane (HFE-88), Rockville, MD 20857, 301/443-3170

High Blood Pressure Information Center, 120/80 National Institutes of Health, Bethesda, MD 20205, 703/558-4827

Modern Talking Picture Service, Film Scheduling Center, 5000 Park St. North, St. Petersburg, FL 33709, 813/541-7571

National Audiovisual Center, National Archives and Records Service, General Services Administration, Order Section GS, Washington, DC 20409, 301/763-1890 (orders), 301/763-1891 (information). Make checks payable to the National Archives Trust Fund. MasterCard and VISA are accepted. For invoiced or credit card orders, include a $5 handling charge with sales orders (any number of items) and a $3 handling charge with rental orders. Rental rates are for three days. Write or call for information on previews, discounts, polyester-base film, and catalogs available.

National Cancer Institute, Office of Cancer Communications, National Institutes of Health, Building 31, Room 10A-18, 9000 Rockville Pike, Bethesda, MD 20205, 301/496-5583; 800/638-6694

National Center for Education in Maternal and Child Health, P.O. Box 28612, Washington, DC 20005, 202/625-8400

National Clearinghouse for Alcohol Information, P.O. Box 2345, Rockville, MD 20852, 301/468-2600

National Clearinghouse for Drug Abuse Information, P.O. Box 416, Kensington, MD 20795, 301/443-6500

National Clearinghouse for Mental Health Information, Public Inquiries Section, 5600 Fishers Lane, Room 15C-17, Rockville, MD 20857, 301/443-4513

National Diabetes Information Clearinghouse, Box: NDIC, Bethesda, MD 20205, 202/842-7630

National Digestive Diseases Education and Information Clearinghouse, 1555 Wilson Blvd., Suite 600, Rosslyn, VA 22209, 301/496-9707

National Eye Institute, National Institutes of Health, Building 31, Room 6A-32, Bethesda, MD 20205, 301/496-5248

National Health Information Clearinghouse, P.O. Box 1133, Washington, DC 20013-1133, 703/522-2590 (in VA); 800/336-4797

National Heart, Lung and Blood Institute, National Institutes of Health, Building 31, Room 4A-21, Bethesda, MD 20205, 301/496-4236

National Institute on Aging/HPB, National Institutes of Health, Information Office, Building 31, Room 5C-35, Bethesda, MD 20205, 301/496-1752

National Institute of Allergy and Infectious Diseases, National Institutes of Health, Building 31, Room 7A-32, Bethesda, MD 20205, 301/496-5717

National Institute of Child Health and Human Development, National Institutes of Health, Building 31, Room 2A-32, Bethesda, MD 20205, 301/496-5133

National Institute of Dental Research, National Institutes of Health, Building 31, Room 2C-34, Bethesda, MD 20205, 301/496-4261

National Institute of General Medical Sciences, National Institutes of Health, Building 31, Room 4A-52, Bethesda, MD 20205, 301/496-7301

National Institute of Neurological and Communicative Disorders and Stroke, National Institutes of Health, Building 31, Room 8A-06, Bethesda, MD 20205, 301/496-5751

National Technical Information Service, 5285 Port Royal Rd. Springfield, VA 22161, 703/487-4650. Make checks payable to NTIS. VISA, MasterCard, and American Express accepted. A $5 charge is added to invoiced orders (Federal agencies excepted).

Office of Clinical Reports and Inquiries, Clinical Center, National Institutes of Health, Building 10, Room 5C-305, Bethesda, MD 20205, 301/496-2563

Office on Smoking and Health, Technical Information Center 5600 Fishers Lane, Park Building, Room 116, Rockville, MD 20857, 301/443-1690

President's Council on Physical Fitness and Sports, 450 5th St. NW., Room 7103, Washington, DC 20001, 202/272-3430

Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402, 202/783-3238. Make checks payable to the Superintendent of Documents. MasterCard and VISA accepted. Orders of 100 or more copies of one publication receive a 25 percent discount.

X-Ray, Food and Drug Administration, Rockville, MD 20857, 301/443-3170.

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